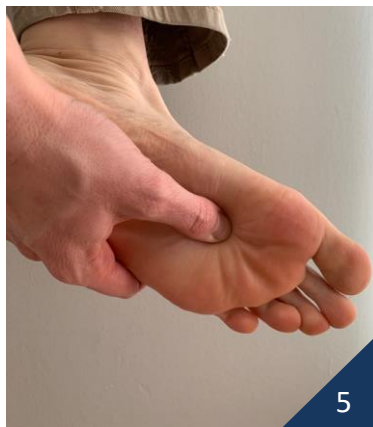


ACUPRESSURE

Acupressure for Stress Relief and Wellness

Instructions: Massage each acupressure point indicated in the pictures below for 30 seconds in circular motion. Use the amount of pressure that feels comfortable and not painful. Repeat as needed.



If you may be pregnant, please talk to your provider before using acupressure